



Health Education Class - Brain Health

Start Date: 12/10/2019 10:00 AM

End Date: 12/10/2019 12:00 PM

Howard County Health Department presents
Winter 2019-2020 Health Education Classes at Howard County Library

Class: Brain Health & Aging

Learn about keeping your brain healthy as you age with evidence-based strategies to strengthen and protect your brain health through exercise, nutrition and staying active. All are welcome, especially caregivers, young adults, and older adults.

Register Online at: hclibrary.org/classes-events/

Date/Time

December 10, 2019
10:00AM-12:00AM

Location

Savage Library

Location(s)

Savage Library
9525 Durness Lane
Laurel
20723